

# Halifax metro

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Your essential daily news | TUESDAY, MARCH 14, 2017

High 1°C/Low -1°C Snow showers

CHURCH

FOOD NEWS

## GIRLS PUTTING THE PIZZA BACK IN PIZZA CORNER

New pie place moving  
in across from  
Sicilian's this spring —  
and they're bringing  
'a new store concept'  
**metroNEWS**

DONAIRS

PIZZA!



FROZEN YOGURT  
PIZZA!

## Acquitted cab driver lets licence expire

SEXUAL ASSAULT TRIAL

**Transcripts  
from court will  
be included if  
Al-Rawi re-files**



**Zane  
Woodford**  
Metro | Halifax

The former Halifax taxi driver acquitted of sexual assault this month no longer has a licence to drive a cab in the municipality.

Bassam Al-Rawi had a conditional licence since September 2015 when the municipality's appeals standing committee granted his appeal of the revocation of his licence when he was charged in May 2015. But the driver never filed the proper paperwork with the municipality to actually drive again, and his licence was deemed non-operational.

Municipal spokesperson Brendan Elliott said in an email on Monday that Al-Rawi's licence expired on Friday.

"We didn't revoke or sus-

pend his licence," Elliott wrote. "It just expired, as anyone's licence would if you don't renew it. Taxi driver licences have to be renewed every two years. He let his expire."

Al-Rawi's licence had been under review by the taxi licensing office, but that review has now ended.

"The municipality now considers the matter closed and will not be conducting any further investigation into Al-Rawi's standing as a driver," Elliott wrote.

"Court transcripts from Al-Rawi's criminal trial, and any other relevant information, will be included in his file with the taxi and limousine licensing office in the event he applies for a taxi driver's licence at some later date."

Al-Rawi's controversial acquittal earlier this month sparked a national conversation about consent and protests of Judge Gregory Lenehan, who said in his decision, "clearly, a drunk can consent."

The Public Prosecution Service announced last week it was appealing Lenehan's decision.

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## HALIFAX'S GREATEST HITS

# THE TOP 100 70s

## SONGS FROM THE

**SUNDAY MARCH 19TH, 12PM-7PM ON 89.9 THE WAVE**

100. KUNG FU FIGHTING  
99. JOY TO THE WORLD  
98. SHADOW DANCING  
97. IF I CAN'T HAVE YOU  
96. LUCY IN THE SKY WITH DIAMONDS  
95. HOOKED ON A FEELING  
94. BROTHER LOUIE  
93. IF YOU LEAVE ME NOW  
92. YOU MAKE ME FEEL LIKE DANCING  
91. NO SUGAR TONIGHT  
90. SILLY LOVE SONGS  
89. AIN'T NO MOUNTAIN HIGH ENOUGH  
88. HOTEL CALIFORNIA  
87. YOU'RE SIXTEEN  
86. FAMILY AFFAIR  
85. THEME FROM STAR WARS  
84. HOT STUFF  
83. LEAN ON ME  
82. HEART OF GLASS  
81. MY SWEET LORD  
80. I CAN SEE CLEARLY NOW  
79. BAD BLOOD  
78. WE'RE HERE FOR A GOOD TIME  
77. FLY ROBIN FLY  
76. UNDERCOVER ANGEL  
75. HOW CAN YOU MEND A BROKEN HEART  
74. YOU AIN'T SEEN NOTHING YET  
73. BROWN SUGAR  
72. ME AND BOBBY MCGEE  
71. ISLAND GIRL  
70. EVERYTHING IS BEAUTIFUL  
69. BEST OF MY LOVE  
68. TIE A YELLOW RIBBON  
67. BRIDGE OVER TROUBLED WATER  
66. WE'RE AN AMERICAN BAND  
65. WELCOME BACK  
64. BOOGIE OOGIE OOGIE  
63. ROCK ME GENTLY  
62. JUST MY IMAGINATION  
61. SATURDAY NIGHT  
60. VENUS  
59. MY LOVE  
58. SWEET CITY WOMAN  
57. BABY COME BACK  
56. ABC  
55. DANCING QUEE  
54. A HORSE WITH NO NAME  
53. LOVE WILL KEEP US TOGETHER  
52. FAME  
51. WHAT A FOOL BELIEVES

CARL DOUGLAS  
THREE DOG NIGHT  
ANDY GIBB  
YVONNE ELLIMAN  
ELTON JOHN  
BLUE SUEDE  
STORIES  
CHICAGO  
LEO SAYER  
GUESS WHO  
WINGS  
DIANA ROSS  
EAGLES  
RINGO STARR  
SLY AND THE FAMILY STONE  
MECO  
DONNA SUMMER  
BILL WITHERS  
BLONDIE  
GEORGE HARRISON  
JOHNNY NASH  
NEIL SEDAKA  
TROOPER  
SILVER CONVENTION  
ALAN O'DAY  
BEE GEES  
BTO  
ROLLING STONES  
JANIS JOPLIN  
ELTON JOHN  
RAY STEVENS  
EMOTIONS  
TONY ORLANDO & DAWN  
SIMON & GARFUNKEL  
GRAND FUNK RAILROAD  
JOHN SEBASTIAN  
TASTE OF HONEY  
ANDY KIM  
TEMPTATIONS  
BAY CITY ROLLERS  
SHOCKING BLUE  
PAUL MCCARTNEY  
STAMPEDERS  
PLAYER  
JACKSON 5  
ABBA  
AMERICA  
CAPT & TENILLE  
DAVID BOWIE  
DOOBIE BROTHERS

50. BILLY DON'T BE A HERO  
49. WITHOUT YOU  
48. BAD BAD LEROY BROWN  
47. HOT CHILD IN THE CITY  
46. CROCODILE ROCK  
45. PLAY THAT FUNKY MUSIC  
44. I CAN HELP  
43. BABE  
42. ROCK YOUR BABY  
41. ROCK N ME  
40. WAR  
39. 50 WAYS TO LEAVE YOUR LOVER  
38. THAT'S THE WAY I LIKE IT  
37. ESCAPE  
36. THE NIGHT CHICAGO DIED  
35. MY SHARONA  
34. YOU'RE SO VAIN  
33. DON'T STOP  
32. CAR WASH  
31. I WANT YOU BACK  
30. JIVE TALKING  
29. DON'T GO BREAKING MY HEART  
28. ALONE AGAIN NATURALLY  
27. SIR DUKE  
26. ONE BAD APPLE  
25. GREASE  
24. SEASONS IN THE SUN  
23. I WILL SURVIVE  
22. RAINDROPS KEEP FALLING  
21. KISS YOU ALL OVER  
20. KNOCK THREE TIMES  
19. BAD GIRLS  
18. AMERICAN PIE  
17. THE LOCOMOTION  
16. PHILADELPHIA FREEDOM  
15. I JUST WANT TO BE YOUR EVERYTHING  
14. LE FREAK  
13. DO YOU THINK I'M SEXY  
12. I'LL BE THERE  
11. TAKING CARE OF BUSINESS  
10. YOU'RE THE ONE THAT I WANT  
9. IT'S TOO LATE  
8. MAGGIE MAY  
7. TONITE'S THE NIGHT  
6. AMERICAN WOMAN  
5. LET IT BE  
4. STAYING ALIVE  
3. YOU LIGHT UP MY LIFE  
2. DECEMBER 1963  
1. NIGHT FEVER

BO DONALDSON  
NILSSON  
JIM CROCE  
NICK GILDER  
ELTON JOHN  
WILD CHERRY  
BILLY SWANN  
STYX  
GEORGE MCCREA  
STEVE MILLER BAND  
EDWIN STARR  
PAUL SIMON  
K C & THE SUNSHINE BAND  
RUPERT HOLMES  
PAPER LACE  
THE KNACK  
CARLY SIMON  
FLEETWOOD MAC  
ROSE ROYCE  
JACKSON 5  
BEE GEES  
ELTON JOHN/KIKI DEE  
GILBERT O'SULLIVAN  
STEVIE WONDER  
OSMONDS  
FRANKIE VALLI  
TERRY JACKS  
GLORIA GAYNOR  
B J THOMAS  
EXILE  
TONY ORLANDO & DAWN  
DONNA SUMMER  
DON MCLEAN  
GRAND FUNK RAILROAD  
ELTON JOHN  
ANDY GIBB  
CHIC  
ROD STEWART  
JACKSON 5  
BTO  
TRAVOLTA/JOHN  
CAROLE KING  
ROD STEWART  
ROD STEWART  
GUESS WHO  
BEATLES  
BEE GEES  
DEBBY BOONE  
FOUR SEASONS  
BEE GEES

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**COMING UP ON 89.9 THE WAVE:**

THE TOP 100 80s  
SONGS FROM THE

**SATURDAY APRIL 1ST, 12PM-7PM**

THE TOP 100 70s  
SONGS FROM THE

**SUNDAY APRIL 16TH, 12PM-7PM**



# When store-bought won't do

## FASHION Ill-fitting wear prompts woman to sew own clothes

Erica Penton's goal is to never buy clothes again — not even her bras.

The self-taught seamstress is on a quest to fill her closet entirely with clothes she made herself.

Penton started making her own clothes several years ago, but got serious about replacing her entire wardrobe with self-made garments last August.

She said she worked in retail for years and found that "fast fashion" clothes never fit her properly.

"I had a hard time finding what I wanted, and when I did find it, it didn't fit me very well, so I was often having things tailored," said Penton, her shoulder-length dark wavy hair resting on a soft grey sweater with a black bow on the neck, a creation she based on one by designer J Crew.

"When I started doing the math ... I started to see that making my own clothes was something that I really wanted to work towards, and it also meant I got exactly what I want-



Erica Penton prepares to flatten fabric for a sweater she was making, in the work space in her home in Halifax last week. STRINGER/THE CANADIAN PRESS

**"I take a lot better care of my clothing now because it's not disposable. Erica Penton**

ed from the beginning."

She has spent hundreds of hours making jeans, winter coats, tops and even bras. Soon, she'll attempt a bathing suit. And this summer, she plans to

learn how to make shoes.

"I'm going for head to toe. I'm trying to encapsulate a wardrobe as much as I can," the 35-year-old said in her home sewing studio in Halifax's north end,

with its hand-me-down 1980s-era Kenmore sewing machine.

"I have so much fun. I really love that I get to start with a piece of fabric and a giant paper pattern ... two really big abstract things that become this 3D object that I love."

Costs can vary, she said. For example, her J Crew-imitation sweater cost her about \$60,



Erica Penton models blue jeans and a top she recently made. STRINGER/THE CANADIAN PRESS

while the designer version would retail for about \$250.

But factoring in labour costs, there isn't always a huge amount of savings. In fact, some garments work out to be more expensive than their store-bought counterpart.

The difference: the fit is perfect. "I take a lot better care of my clothing now because it's not

disposable. I know exactly how much effort it took to make it," said Penton, who has a masters degree in library science.

Penton has been intermittently updating her ratio of self-made and store-bought clothing. So far, about 25 per cent of her wardrobe was made in her home studio.

THE CANADIAN PRESS



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## Liberals drop in poll, remain on top

The Liberals are still the most preferred party in the province despite an eight per cent drop in support since November, according to new data.

A survey by Corporate Research Associates Inc. shows the Liberals lead the way with 56 per cent of voters supporting them, down eight percentage points from November when they had 64 per cent.

The Conservative party sits in second place with 23 per cent support, up from 17 per cent in November. The NDP is in third with 16 per cent, down slightly from 17 per cent in November. The Green Party is in last place with five per cent support.

The number of undecided Nova Scotians rose slightly from 24 per cent in November to 27 per cent.

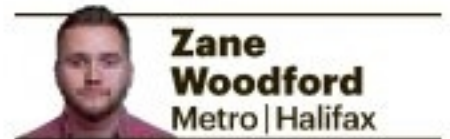
Satisfaction with the over-

all performance of Stephen McNeil's Liberal government stands at 54 per cent compared with 55 per cent last quarter, while 39 per cent are dissatisfied, up slightly from 37 per cent.

When considering leadership preference, 41 per cent of voters support Premier Stephen McNeil, down from 45 per cent three months ago. Jamie Baillie of the PC Party is the preferred among 15 per cent of voters, the same as acting NDP leader Maureen MacDonald and subsequently Gary Burrill who was elected as leader Feb. 27.

The polling was done by CRA Atlantic Quarterly, who placed calls to 800 Nova Scotian adults from Feb. 4 to March 1 2016 with overall results accurate to within plus or minus 3.5 percentage points, 95 out of 100 times. METRO

## Business as usual for taxi industry



**Zane Woodford**  
Metro | Halifax

Amid all the controversy surrounding Halifax's taxi industry, the municipality's two largest cab companies say business is unaffected.

Since former driver Bassam Al-Rawi was acquitted of a sexual assault charge earlier this month, public trust in the industry has been called into question, with some women on Twitter offering an alternative to cabs with the hashtag #HaliLadyCab.

Casino Taxi co-owner and sys-

tems manager Jason George said business has actually been up in the last two weeks compared to the same period last year. And Yellow Cab CEO Justin Ghosn said there's been no noticeable dip in his business in the last two weeks.

"What happened and what's ongoing doesn't reflect what the taxi industry is," Ghosn said.

Ghosn said Yellow Cab is installing GPS technology in its cars so it can track all of its drivers in real time, and the company is taking "everything that happened" into consideration in its annual reviews.



Pizza Girls will be opening in Halifax's "historic" pizza corner later this spring. JEFF HARPER/METRO

# Girls aim to grab a pizza the corner

### RESTAURANT

## A new pie place moving in downtown



**Cody McEachern**  
For Metro | Halifax

A long-running pizzeria is bringing slice of life back into Pizza Corner.

Pizza Girls is taking their first

venture into Halifax as they prepare to open their fourth pizzeria in the well-known corner of downtown.

Running since 1977 and going under Sackville Pizza in its early days, Pizza Girls currently has three locations in Dartmouth, Bedford and Sackville.

"We've never been in the city, and there is really no better location to be in the city than this location," said Johnny Dib, operations manager for the new store.

Dib hopes the new shop will bring a modern touch to trad-

itional pizzerias, and is excited to bring pizza back to the historic corner.

"It's funny, you go to Google Maps and put in pizza, it'll give you Pizza Corner," said Dib.

"We're bringing a new store concept, nothing that we've run in any of the other locations before. It's going to be something special. I don't want to give anything away, so I'll leave the surprise until we open."

They are planning to officially open on May 1, and hope to bring something new to the corner.

### + HISTORY

The corner of Blowers and Grafton streets was known for three pizza shops: King of Donair, Sicilian Pizza and the European Food Shop. It attracted the attention of world leaders during the 1995 G7 summit. In 2012, KOD relocated and the European Food Shop closed down, leaving the corner with a lot less pizza.

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# 29 bus shelters smashed

## VANDALISM

### Contractor on the hook for damages to glass panes



**Jonathan Briggs**  
For Metro | Halifax

Vandals smashed the glass panes out of 29 bus shelters in Halifax over the weekend, leaving a mess for contractor Outfront Media Inc. to clean up and repair.

"It's at the cost of the contractor, Outfront, who has our contract for bus shelter supply and maintenance," said Halifax Regional spokesperson Tiffany Chase.

"That's the case when there's just damage to the glass component. If there's damage to the frame of the shelter, then (Halifax Transit) would be responsible to the cost."

The damaged shelters are in the Armdale area of Halifax, primarily between Purcell's Cove Road and St. Margaret's



29 bus shelters, like this one along the Herring Cove Road, were smashed over the weekend in Halifax. JEFF HARPER/METRO

Bay Road.

The municipality said the shelters were vandalized between Friday night and Saturday morning.

It's estimated that replacing all the glass in a single shelter costs \$5,000 to \$6,000. However,

not all panes were smashed in each shelter so the cost will vary from site to site.

Currently there is no time frame for when repairs will be completed.

"Given that it's such a high number all at one time, it's pos-

sible they may have to make an additional order for supplies," said Chase.

When incidents are reported, the city tapes off the damaged shelter to keep people away from broken glass and then notifies the contractor of the loca-

## \$5K-6K

The cost of replacing glass panes for a single bus shelter is \$5,000 to \$6,000.

tion.

Outfront Media Inc. began working on repairs Monday morning. The company has a 15-year contract with Halifax Transit through to September 2021 and is responsible for shelter maintenance and repairs.

Police are investigating after receiving a phone call reporting the incident on Saturday afternoon.

"It's difficult because without a witness or video, unless somebody involved comes forward, it's hard to investigate," said Halifax Regional Police spokesperson Const. Dianne Penfound.

Halifax had a similar vandalism incident in March 2015 when police received reports of 40 smashed glass panes across the city.

## CRASH

### RCMP probes fatal collision

One woman has died after a single-vehicle collision in the Halifax area.

A release from the Halifax District of the RCMP said the vehicle went off the road on Prospect Bay Road and Seligs Road.

The collision took place shortly after 11 a.m. on Monday.

The victim was a 71-year-old Halifax woman. She was pronounced dead at the scene, RCMP spokesperson Cpl. Dal Hutchinson said Monday.

According to Hutchinson, the woman was the only person in the vehicle.

An RCMP collision analyst was at the scene of the collision, and drivers were warned traffic delays would last a few hours.

Police said their thoughts were with the victim's family during this tragic time.

JONATHAN BRIGGS/FOR METRO

## Hudson

### Domestic Short Hair

Hudson has the most lovely, expressive deep aqua eyes. He is friendly and playful, and loves to meet new people. If you brush him for a few minutes, you will definitely win his heart. He is a big guy who could use a little exercise, as he has been well-loved and well-fed. Hudson is 9 years old, middle-aged, and he was with his former guardians for many years. He has lived with other cats. Hudson has a sweet personality and he is ready to make your acquaintance.



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# Girl Guides nix trips to States

MUSLIM BAN

## Group worries members could be turned away at the border

Girl Guides of Canada is cancelling any trips to the United States, citing concerns that some members could be turned away at the border.

"It also has to do with safety," Sarah Kiriliuk, the organization's national manager of marketing and communication, said Monday. "We want to make sure that if our girls are travelling that they are not going to be in a risky or unsafe situation.... We can't leave a girl behind."

The organization, which has 70,000 girls and 20,000 women who are volunteer guiders, said it decided to cancel future

travel because of the uncertainty over whether all of its members would be allowed to cross into the United States.

President Donald Trump has recently introduced an immigration ban that affects would-be visitors and immigrants to the U.S. from six Muslim-majority countries who do not hold a valid U.S. visa.

"We realize we had to stand by our organizational commitment of inclusivity and diversity," Kiriliuk said. "We talk the talk, we try to walk the walk. We're an inclusive and a diverse organization and this is just an extension of that."

Girl Guides of Canada will not be approving any new travel to the U.S. until further notice, the statement said.

This includes day trips and weekend outings or longer, and any travel that includes a connecting flight through a U.S. airport.

"Not being able to cross a border, can you imagine what would happen?" Kiriliuk asked. "A group shows up at the border and one girl can't go across — that puts everybody in a very difficult situation."

If there's a trip that has been planned and paid for, Kiriliuk said, then the organization is doing a risk assessment on those trips.

The organization is encouraging people to take domestic trips especially because this is 150th anniversary of Confederation.

Girl Guides is not the first organization to suspend trips to the U.S.

Several schools and school districts across Canada debated going ahead with trips south of the border following the first executive order issued by Trump in January.

TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS



Scotland's First Minister Nicola Sturgeon is demanding a new independence vote as the United Kingdom's split with the EU looms. THE ASSOCIATED PRESS FILE

## Scotland seeks new vote amid Brexit spat

Scotland's leader delivered a shock twist to Britain's EU exit drama on Monday, announcing that she will seek authority to hold a new independence referendum in the next two years because Britain is dragging Scotland out of the EU against its will.

First Minister Nicola Sturgeon said she would move quickly to give voters a new chance to leave the United Kingdom because Scotland was being forced into a "hard Brexit" that it didn't support. Britons decided in a June 23 referendum to leave the EU, but Scots voted by 62 to 38 per cent to remain.

Scotland must not be "taken down a path that we do not want to go down without a choice," Sturgeon said.

The move drew a quick rebuke from Prime Minister Theresa May, who said a second referendum would be hugely disruptive and was not justified because evidence shows most Scottish voters oppose a new independence vote. She accused Sturgeon's Scottish National Party of political "tunnel vision" and called the referendum "deeply regrettable."

"It sets Scotland on a course for more uncertainty and division," May said.

Sturgeon spoke in Edinburgh hours before Britain's Parliament approved a Brexit bill that will allow the U.K. to start the formal withdrawal from the EU within days.

Sturgeon said she would ask the Scottish Parliament next week to start the process of calling a referendum, to be held between the fall of 2018 and the spring of 2019. She said by then, details of Britain's post-Brexit deal with the EU would be clear and Scottish voters would be able to make "an informed choice."

THE ASSOCIATED PRESS

## B.C. premier slams mandatory high heels in the workplace

Legislation that would make it illegal to require women to wear high heels on the job in British Columbia is getting support from Premier Christy Clark.

"In some workplaces in B.C., women are still required to wear high heels on the job," Clark wrote on her verified Facebook page. "This isn't just old-fashioned; in 2017, it's unacceptable."

Clark says she backs the intent of a private member's bill introduced last week by B.C.'s Green party leader, Andrew Weaver. The bill he introduced on International Women's Day would prevent employers from man-



Premier Christy Clark.

THE CANADIAN PRESS

dating footwear based on gender.

Clark's Facebook entry posted Sunday promises that the government will take action, say-

ing "this practice needs to stop."

There's no indication in Clark's post if the Liberals will back Weaver's bill or bring in separate legislation.

In the United Kingdom, MPs debated a ban last week on mandatory workplace high heels in response to a petition started by a receptionist who was sent home without pay for wearing flat shoes. The debate was non-binding, but the government promised to act against heel-height rules, makeup guidelines and other corporate codes that apply to women but not to men.

THE CANADIAN PRESS

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Time of Sale:	10:00 a.m. local time.	
Place of Sale:	Halifax Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.	
Terms:	Ten per cent (10%) deposit payable to "Burchells LLP, in Trust" by cash, certified cheque or solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.	
Signed February 8, 2017		
Nicholas C. G. Mott COX & PALMER 1100-1959 Upper Water Street PO Box 2380 Central Halifax, NS B3J 3E5 Solicitor for the Plaintiff		I, Andrew Rankin, Barrister Burchells LLP (Halifax Office)

## 150 WAYS of looking at Canada

POSTCARD NO. 40

### ST. JOHN'S, NEWFOUNDLAND



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BLUEPRINT by Genna Buck and Andrés Plana

## Seeing the forest for the cities

City life can be bad for you: Air pollution, excessive noise and a dearth of green spaces leave urbanites chronically sick and stressed-out, writes Florence Williams in a new book, **The Nature Fix**. But a walk in the woods or on the beach lowers heart rates and stress hormones, and may even help us feel more focused and sociable. With good planning, Williams writes, it's possible to create "cities of awe" with the benefits of the great outdoors built right in. **Here, five ways cities are connecting citizens to nature:**

### Plant trees

One of the most important things cities can do is also the easiest. Trees attract birds, and birdsong lifts our spirits. The smell of cypress seems to ease fatigue. And that's not to mention the dramatic air-quality benefits. **Toronto** earned a shout-out from Williams for its 10 million trees.



### Bring parks to people

Nearly half of **Singapore** is covered with green space — a remarkable achievement in an Asian metropolis of 5.4 million. The city-state's goal is to get 90 per cent of its residents within 400 metres of a park. The number now stands at 70 per cent.



### Bring out the best in bodies of water

Oceans, lakes and rivers are "soothing and universally loved" Williams said, so cities should keep them beautiful and make them easy to access. **Wellington, New Zealand** has a vast marine preserve, nicknamed the "snorkel trail," right inside the city limits.



### Take a hike

Williams praised the walking trails along the tidal basin around **Seattle**. She says cities should make it as easy as possible to get her recommended minimum "dose" of five hours in nature every month. Urban noise can interfere with the benefits, but by incorporating "incredible visuals, wonderful smells and cool things to touch," cities can partly make up for it.



### Push kids to play

Immersion in nature has been linked to better mood and behaviour, increased focus and improved school performance in kids. **Fukuoka City, Japan** has taken disused school parking lots and transformed them into mini-ecosystems called biotopes, complete with resident ducks and swampy paddy fields to explore.



### PUBLIC WORKS The week in urbanism



**Like the autobahn, but for bikes** Berlin is looking at installing 13 new "bike highways," including two by the end of the year. They would be at least five kilometres long, four metres wide — to allow for safe passing — and separated from other traffic.

**Like Smell-O-Vision, but for transit** Singapore started a new program where 100 buses will emit subtle scents, including rose and peppermint. It's part of a mission to make riding the bus more attractive.

### URBAN DICTIONARY Induced Demand



**DEFINITION** The phenomenon when expanding a road's capacity simultaneously increases demand to use it and cancels out any perceived benefit, like easing gridlock.

### USE IT IN A SENTENCE

The councillor wanted an urban highway to ease traffic, but city staff pointed out congestion would be at the same level in five years due to **induced demand**.

### CITY CHAMP

**Lourdes Juan** is the founder of Calgary urban planning firm Hive Developments, which focuses on community outreach in planning. She is also founder of the LeftOvers Calgary, a non-profit that diverts food from landfills to supply local agencies.  
**@lourdesmjuan**



WORD ON THE STREET by Matt Elliott

## City halls need to match the fast pace of city life



under debate in terms of how old I'll be when they're finally completed.

I'll probably be past 35 by the time Toronto finally approves a comprehensive plan for laneway housing, for example. I'll be in my forties before the next major phase of waterfront development is complete. And when the first train rolls down the tracks of the city's long-planned downtown relief subway line, the odds say I could pay the seniors' fare.

Thinking about city build-

ing probably shouldn't make me contemplate my own mortality, but such is the nature of city government in Canada. Things move slowly at city halls.

But slowness doesn't need to be the status quo. Recently, some Canadian cities have shown a desire to streamline their processes, all in the service of moving a little faster.

Last week, the City of Vancouver announced a pilot project designed to speed up the approval process for low density development.

In Toronto, a city report released last spring showed that permitting round-the-clock construction can

halve completion time and reduces costs by 10 to 20 per cent.

And in Montreal, a new 67-stop LRT plan backed by the province's pension fund has moved from announcement to environmental review in less than a year. That's furiously fast for a transit project.

Brian Kelcey, an urban planning consultant with experience working in the mayor's office in Winnipeg, highlights these kinds of things as examples of what he calls "fast government." He wants to see more of it.

"We have these decision-making processes that worry about cost and they worry

about consultation — and those are all important things — but we haven't really built any of our systems to factor in the value of speed," he tells me.

Kelcey points to a bunch of things that tend to gum up the gears of government. Local politicians too often fall prey to a "desperate urge to accommodate everyone — no matter how impractical." Cities hold endless public consultation meetings even on issues where the outcome is inevitable.

And there's still a reluctance to adopt the tested solutions of other cities. "We often use pilot projects to relearn the lessons that other

cities have already piloted," Kelcey adds.

There's no single lever for speeding up government, but Kelcey believes a part of it is a pretty simple shift in thinking.

"It needs to be a cultural change of managers, of councillors, of mayors, of citizens actually acknowledging out loud that there's a virtue to speed," he says.

Makes sense to me. I'll start. I'm Matt, I live in a city I want to see grow and improve — and I've got a need for speed.

**Matt Elliott** is an urban affairs columnist for Metro Toronto.





## When home life and work life merge

### PARENTING

#### BBC dad went viral, but role is usually held by 'hybrid' moms

**Kristen Thompson**  
life@metronews.ca

If you spent more than a nano-second online over the weekend, you probably saw the video of a toddler bombing her dad as he's giving a live Skype interview with BBC News.

You also probably laughed out loud as the little girl bounced into her father's home office, followed by a younger sibling in a walker, then their panicked mother who drags the kids out of the room. But for those working from home, that comedy of errors is all too familiar.

With many workplaces offering little flexibility as to when and where parents can work, and daycare costs continuing to rise, more parents are choosing to leave their careers to carve out new paths as freelancers or entrepreneurs.

More often than not it's women, not men, who are entering this new fray: not quite stay-at-home moms, not quite working moms, but some sort of hybrid version of both.

They get to spend their days with their children, but to do that they have to give up meaningful full-time jobs, colleagues and coffee breaks, dependable income and benefits.

Irene Boekmann, assistant

professor in the department of sociology at the University of Toronto, says children are a big driving factor forcing women from work, and that this doesn't tend to be the case for fathers.

"There is definitely an interesting gendered story here," she said, pointing out that mothers with younger children are more likely to work from home than other women. "Research shows that children increase Canadian women's (but not men's) likelihood of self-employment."

When home life and work life are one in the same, there's no real break from either.

Melissa Milkie, a sociology professor at the University of Toronto, says a lack of feasible part-time professional work, along with workplaces with inflexible work hours, can be push factors that drive women to entrepreneurial work from home.

"The unfriendly workplace, full-time work, (they're) not easy to combine with motherhood," Milkie said. "So they move to freelance or other forms of work ... but it may be difficult to re-enter the workforce down the road."

For many women, that means work life and home life become one and the same, and there is no longer a strong distinction between the two.

"What we call 'role-blurring' between work and family roles, is actually linked to more distress for workers — more anxiety, depression, anger and so on. And role blurring is common among those working at home," Milkie said."

TORSTAR NEWS SERVICE



Kristen Thompson has found working from home as adventurous as Robert Kelly who went viral when his kids crashed his live TV interview with the BBC (inset). CONTRIBUTED

#### Voices shouting 'mom' under the door: I felt his pain

The first time I watched the BBC video, I laughed out loud — then I cringed, because I've been there.

I've nearly dislocated my shoulder trying to shoo my kids out of the room while doing an interview, or typed frantic "get them out of here!" texts to my husband as tiny voices shout "Mom!" under the locked door.

It sounded luxurious at first: As a freelance journal-

ist I could choose my own schedule, work in pyjamas, have wine at 3 p.m. But the reality ended up being a lot messier.

The truth is I feel I'm pulled in more directions than I can manage.

When home life and work life are one in the same, there's no real break from parenting or working — you're doing both at all times.

Household chores that

were divided up evenly when I worked in the office now fall almost exclusively on me as my husband's work hours are set, and mine are flexible. So I do the bulk of daycare drop-offs and grocery shopping, meal prep and doctor's appointments.

Crammed in between all of that I'm researching, interviewing and writing. I'm signing kids up for swimming lessons while

sending invoices, changing diapers and setting up interviews. A story that should take three hours to write easily takes three days.

It's two full-time jobs, and there is never a break from either. Because of this, I often feel like nobody really gets my full attention — not my work, and not my family.

Self-employment has been a wonderful opportunity for my family. It meant a pay cut, but it has also meant a degree of freedom I never had in my previous working life.

That doesn't mean it's easy, as the parents in the viral video can tell you. As I type this, my one-year-old is lying on my chest and my three-year-old is yelling for help from the kitchen. It's hard. But it's also the best.

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# Stretching: The scientific truth

## EXERCISE

### Body experts say the way we warm up may be all wrong

Jonathan Forani  
life@metronews.ca

Among the glut of exercise advice, one thing seemed settled long ago: don't forget to stretch.

So we pulled our limbs in every direction, tugged on our ankles and reached for our toes before every workout.

But in recent years stretching doubt set in, as studies cast doubt on its effectiveness and some suggested it could lead to injury.

"An exercise in nothingness?" headlines read. If it doesn't work, why bother?

"There's been a lot of confusion," says David Behm, a leading stretching expert from

Memorial University in Newfoundland.

But Behm and an international group of researchers are closer to understanding the value of stretching and how to do it after conducting an expansive review, published last year, of 150 studies.

Their conclusion? Yes, you should stretch — but not the way you think. The key to the pre-workout regimen is "dynamic" stretching. Also called "movement practice," it has become an established decree of fitness experts, despite not fitting most conceptions of "stretching."

"Most people think 'I want to get more flexible and I want to get stronger,'" Behm says, but the traditional brand of stretch-and-hold, sit-and-reach exercises, or what is called "static" stretching, won't help your workout. In fact, an extensive stretching routine could make you weaker and lead to injury, Behm says, comparing it to using a slack elastic band to pull a wagon, instead of one

that's taut.

Dynamic stretching involves a gambit of movement exercises that take the joints through their full range of motion — high-knees, butt-kicks, walking lunges, deep bodyweight squats, trunk rotations and arm swings to name a few.

"It's a very different type of thing than what people consider stretching," says Greg Wells, assistant professor of kinesiology at the University of Toronto. "It's great before almost every single type of activity."

Static stretching won't do that. Instead, it slows the body, which is the opposite of what's needed for a workout.

"What you want to do is prime your body for the motion," says Kathelen Trotter, Toronto fitness expert and author of Finding Your Fit.

"The body needs a really good balance of mobility and flexibility," Trotter says, noting static stretching can help with the latter, but extensive stretch-and-hold routines

## STATIC VS DYNAMIC

### Before runs, squat and lunge

While more traditional static stretching is good for relaxation, fitness experts insist **dynamic stretching** is much more important before any rigorous activity.

Before a long run, you might warm up with a **short jog** followed by **deep squats** that grease the legs and hips, Wells suggests. **Walking lunges** are also encouraged.

Dynamic stretching is about getting the body ready for physical activity: "waking the body up, activating the muscles, lubricating the joints, and increasing the body's temperature," says Greg Wells, assistant professor of kinesiology at the University of Toronto.

ISTOCK



should be a separate workout altogether.

Static stretching is also a good practice for relaxation since it calms the nervous system down.

"It's an amazing way to decrease stress," says Wells. "If you've had a tough day, if you're wired, if you get home

at night and you feel like you're about to explode, stretching is one of the most amazing things you can do. Turn on a show and instead of lying on the couch, stretch for half an hour."

While the research has come a long way, there's more to be done. Stretching post-workout has not been studied at length,

but Behm says he would warn against stretching after an especially rigorous routine.

"If the workout has been quite fatiguing then the muscles are weaker and an intense stretching bout could overcome the weaker muscles and lead to muscle strain injury."

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## ADVERTISING FEATURE

# PHOENIX CELEBRATES 30 YEARS - THANKS FOR THE SUPPORT!

It is both staggering and humbling that thanks to community and government support, Phoenix Youth Programs has touched the lives of more than 10,000 youth and families in its 30 years.

Over this time, Phoenix has listened and responded to the changing needs of youth, their families and communities, providing a wide range of programs that offer intersecting supports and services.

Jessica Blaikie, a former Phoenix youth accessed a number of Phoenix's services including prevention, residential and educational supports during her eight years with the agency.

"Phoenix helped me to see my potential. They helped me on every level," Jessica said, "They provide youth with a safe, supportive environment and sense of belonging. For youth who might not feel like they 'fit', this makes a huge difference in their lives."

Creating a sense of hope and belonging has always been a critical aspect of Phoenix's approach.

"Phoenix exists because a small group of people wanted to make positive change for youth. The

importance of supports from, and partnerships with, our community are at the heart of who we are as an agency and cannot be understated — community is integral to helping youth help themselves," commented

Mel Sturk, Director of Communications & Community Relations at Phoenix.

Resources required for under-supported youth to achieve their best futures come in many forms from the community,

including time, expertise, in-kind donations, opportunities to join, and funding. Phoenix is grateful for them all. Government has also been a key partner throughout the past 30 years.

"We are truly thankful that we belong to a giving community

and for the essential and strategic support from the provincial government," said Mark Donohue, Chair

of Phoenix's Board of Directors.

The feeling is mutual.

"Phoenix is an invaluable partner in our work with vulnerable youth," said Joanne Bernard, Minister of Community Services. "Youth are the future of our province and deserve support to reach their full potential. We remain committed to Phoenix and excited about the opportunities to make a difference together. Congratulations to Phoenix as they celebrate their 30th anniversary!"

To learn more about joining the celebration, visit: [phoenixyouth.ca](http://phoenixyouth.ca)



Jessica Blaikie, former Phoenix youth and Michelle Poirier, Phoenix staff member.





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## 10 metroSPECIAL REPORT: WELCOME TO CANADA

# Calling on Haligonians to reach out to newcomers

ISANS

## Matching immigrants with locals has its challenges

Jen Taplin

To hear Mary Macnab tell it, it seems she gets more out of helping newcomers than they do.

"The people I meet are just exceptional," she said. "They've really enriched my life and certainly opened my eyes to what it means to be a newcomer, come to Canada and start over from scratch."

Macnab has been volunteering with Immigrant Services Association of Nova Scotia (ISANS) for 25 years. It started when she worked as a human resources consultant with the province and she volunteered to help ISANS conduct mock job interviews with their clients. She retired 16 years ago and has not stopped volunteering.

Generally HRM is a welcoming community, but Macnab said not enough locals reach out personally to newcomers.

"If you ask people if they're welcoming, they'd say sure and they're delighted to have all these new people in our community



Young newcomers enjoy an ISANS Welcome Aboard event.

INSTITUTE FOR CANADIAN CITIZENSHIP, AHLAN CANADA

... but if you were to say have you actually met and talked to an immigrant, most of them would probably say no," she said. "I think we are welcoming but I would like to see more Haligonians reach out on a one-to-one basis."

It is tricky because there is no single organization that matches newcomers with locals, she said. But there are lots of ways to get involved, she added, like volunteering with ISANS or other organizations that run programs for newcomers, like the public libraries.

Kim Reinhardt said they've been working toward making the Maritime Museum of the Atlantic more welcoming by forming partnerships, hosting events and working on making their exhibits more inclusive.

For example every year they host a group boat building program over three days.

Last summer "we thought it would be nice to have some newcomers, some youth from the newcomer community to participate," she said. "It was really quite amazing."

There are also passes for newcomers where free admission to the museum is included, Reinhardt said.

"We've been seeking out ways ... to enhance and broaden our programming so we can connect with as many diverse communities as possible and hope they feel welcome when they come," she said. "It's just a passion of mine. I really believe we all benefit when we demonstrate an effort to be welcoming and to include others."

## Immigrants combat career barriers

Amardeep and Prajhalita Sharma decided that since they were immigrating from India to Canada, they might as well start their new lives heading into winter.

"I wanted to see the worst part of things first — that's why I pushed my family to come in December," Amardeep says. "If you see the harsh times first, your good times will be easier."

It helps that he gets regular updates from his brother in Saskatchewan, who has endured staggeringly cold temperatures. In fact, it was his brother who first planted the idea of moving to Canada when he settled on the Prairies several years ago.

Amardeep Sharma was born and raised in India, but six years into his career as an human-resources professional and data analyst, he decided it was time to immigrate with his wife and their three-year-old son, Kaven. They wanted to have better career options and a clearer environment than what India could offer them. "My kid is a little bit allergic to pollution. He's getting a good environment here," Amardeep says.



Amardeep and Prajhalita Sharma with son Kaven.

CONTRIBUTED

The family applied to immigrate to Canada. Amardeep did further research and found Saskatchewan wasn't looking to hire people in his profession, but Nova Scotia was. He and his family applied to the provincial nomination program and after several months, the paperwork came together. The Sharmas arrived in Halifax Dec. 8, 2016. Amardeep started working for Delta Hotel Halifax. Prajhalita is working with a counsellor at the Immigrant Services Association of Nova Scotia (ISANS) to find

out how to further her career as a teacher. She hopes to find work in a daycare or similar setting as she gets the qualifications for teaching at schools.

Amardeep recommends that other would-be immigrants should follow his steps and be sure they know which provinces have jobs for their skills. He also suggests talking to potential employers and others working in their field before making the big move. "They can help guide you better in that profession."

He urges newcomers to register with ISANS to access their many resources designed to help newcomers succeed in Nova Scotia. He's had good luck with the Halifax Partnerships, too, which has some great programs for newcomers.

For Nova Scotians, he's found some employers are too reluctant to hire immigrants, fearing they will lack the necessary local knowledge, education and experience. "That is true to some extent, but I think if Nova Scotia employers are more accepting to try immigrants, they can get good candidates." **JON TATTRE**



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## Support starts before arrival

Whether it's finding a job, learning English or getting exercise — there's a service for that.

"If there is something there is not a lack of in Halifax, it's services. Perhaps how accessible those services are and how aware the immigrant population is, that's a different story," said Roberto Montiel, program coordinator with the Halifax Local Immigration Program (Halifax LIP).

Halifax LIP is coordinated through HRM and Immigration, Refugees and Citizenship Canada to join with community partners to help immigrants settle and make Halifax more welcoming.

There's not one kind of immigrant, Montiel said, and every immigrant comes with different needs. Within employment services alone there are a number of supports for immigrants including employ-



**Nova Scotia Immigration Minister Lena Diab**  
TORSTAR NEWS SERVICE

er connection programs and workshops.

There is also a variety of programs for learning English, depending on the level of proficiency of the immigrant. Immigrant children tend to learn English in school and adults can access a variety of agencies to work on their language skills.

Active living, recreation and socializing are also important. The YMCA and YWCA have many programs for immigrants, including helping kids adjust to Nova Scotia schools, conversation clubs,

fitness classes and family outings to name a few.

"There are many community hubs, and the public libraries host many, many different activities," Montiel said. "Also churches are important for many community-oriented kind of things. They have also played a big role."

Immigration Minister Lena Diab said support for immigrants starts well before they arrive in the province. The immigration department works with 14 settlement agencies and one of them is the Immigrant Services Association of Nova Scotia (ISANS).

"With ISANS, for example, it's pre-arrival. So before they even land on our shores here they give them a lot of advice and answer a lot of questions," she said.

There are also supports to help immigrant entrepreneurs start or expand their businesses, Diab notes, or to achieve an English proficiency to attend post-secondary. **JEN TAPLIN**

### + INFLUX

According to statistics, 4,853 newcomers arrived in Nova Scotia through the end of October 2016, the highest number since the Second World War.

## Advice: 'Don't think of yourself as an outsider'

FOR NEWCOMERS

### Socialize, get involved in the community, read local news

**Jen Taplin**

There are people who know exactly what it's like to settle in a new land: established immigrants. And they have plenty of great advice for newcomers.

Christine Qin Yang is originally from Fuzhou, China, and studied business administration at Mount Saint Vincent University.

"After I graduated from school, I really liked Canada so I wanted to stay. My first thought was I want to move to Toronto but I have all my connections in Halifax and I want to stay."

For nearly two years Qin Yang has been the Connector Program coordinator at Halifax Partnership.

Her first bit of advice is to connect with people and access resources like the Connector Program, which connects international and local students with business leaders.

"I find it also very important for newcomers to get involved in the community," she said.

"It's very important to pay attention to the community and care about the community. For example, read the local news, get a social media account."

Don't think of yourself as an outsider, she said, rather be part of the city.

"Halifax is a great place: there's the Halifax Central Library, Pier 21, the new Discovery Centre. These kinds of public places are great for



**Christine Qin Yang offers her advice on what it's like to be a newcomer in Canada.** MING'S PHOTOGRAPHY

wonderful events and they are great places for newcomers to meet other people."

Socializing is important and so is getting out of your comfort zone, said Souhael Bouallagui, a French immigrant who has permanent residency and works at Université Sainte-Anne.

"I'm from France so I've tried not to just surround myself with the francophone community," he said. "It helps very much just to feel more integrated and to learn more."

Bouallagui first moved to Truro, then Ottawa before settling with his wife in Halifax. People are friendly here, he said, urging newcomers to

talk to people and don't worry about the language barrier.

Bouallagui said he met a lot of people on public transportation, and running helped him discover the city.

"That, and getting lost walking, driving or on buses thanks to my horrible sense of direction," he said. "And like I said, finding support in the community of people coming from the same country as you or speaking your language is great, but there's nothing like meeting people who you wouldn't have met in your own country and locals to help you settle and eventually feeling at home here. And finally, of course, embrace winter!"

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*(Elie Wiesel)*

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# Northwestern finally gets in on Madness

NCAA BASKETBALL

## Illinois school makes it to tournament for first time

Northwestern's agonizing wait went down to the wire.

All those forgettable moments and tantalizing teases over the previous 77 seasons were cast aside Sunday as the Wildcats celebrated their first NCAA Tournament bid when the final section of the bracket was revealed. By earning the No. 8 seed in the West Region, Northwestern will face ninth-seeded Vanderbilt on Thursday in Salt Lake City.

Northwestern ceded the title of having the longest tourney drought among power-five conference schools to Rutgers by becoming one of five first-time entrants in the 68-team field — the most since the field expanded to 40 in 1979.

The immediate reaction inside Welsh-Ryan Arena in Evanston, Ill., included fists pumping, fans cheering and band members spilling onto the court. Outside the arena, the celebration included Twitter posts from notable alums including actress Julia Louis-Dreyfus.

"To see all of this, it gets you emotional because these are the things we all dreamed of," coach Chris Collins said. "To see the guys very emotional before we



Northwestern coach Chris Collins, centre, players and supporters in Evanston, Ill., react as the team was named to the NCAA Tournament on Sunday. NAM Y. HUH/THE ASSOCIATED PRESS

came out, this has meant a lot to them and it's something we put a lot into, and just a really special day. You don't get many chances in life in anything to be a part of something historical, things that have never ever been done."

Before Collins arrived in 2013-14, moments like this one seemed as implausible as the Chicago Cubs winning the World Series.

Now, in a five-month span, both droughts are over thanks largely to men who insisted players believe.



**When we finally got called it was just a huge sigh of relief.**

Scottie Lindsey, Northwestern swingman

In Collins' case, he instilled such a strong sense of purpose that his players already were donning T-shirts that read "Northwestern" on one line and "March into April" on the other.

"I'm used to being part of all the 'firsts' here. I was Coach Col-

lins' first recruit," sophomore forward Vic Law said. "That belief that we all had — that vision that me and Coach Collins shared — was that this would be different."

Last year, 20 wins were not good enough. This year, the Wildcats (23-11) refused to be kept out. They broke the school record for wins and reached the Big Ten Tournament semifinals for the first time.

Joining Northwestern as schools in the tournament for the first time are Northern Kentucky, Jacksonville State, North Dakota and UC Davis.

THE ASSOCIATED PRESS

FOOTBALL

## Laval's Auclair grins and bears pro day

For the majority of football players, a pro day is an opportunity to show off their athleticism. On Monday, Antony Auclair used his to display his grit and toughness.

The Laval Rouge et Or tight end went through his paces before 17 NFL scouts. And the native of Notre-Dame-des-Pins, Que., did so despite suffering a pulled hamstring roughly 10 days ago.

Auclair said following Monday's session he considered rescheduling the workout before deciding to go ahead with it.

"I wanted to show I can play through an injury and be

tough," Auclair said during a telephone interview. "All the scouts knew I was injured and I think I did a good job of showing them I could play through it and the competitor I am."

Despite the injury, the six-foot-six, 254-pound Auclair posted a 33-1/2-inch vertical jump and nine-foot, nine-inch broad jump — both solid indicators of explosion and lower-body strength.

Auclair, 23, also registered a personal-best 22 reps in the 225-pound bench press and a respectable 40-yard dash time of 4.82 seconds given his physical condition. THE CANADIAN PRESS

2

In December, Auclair was named the second-ranked prospect for the 2017 CFL draft.



### IN BRIEF

#### Chelsea ousts short-handed Man United from FA Cup

N'Golo Kante sent Chelsea into an FA Cup semifinal meeting with Tottenham by ending Manchester United's title defence on Monday, sealing a 1-0 victory after the holder's Ander Herrera was dismissed on a fiery night at Stamford Bridge.

Herrera was booked twice for fouling Chelsea winger Eden Hazard, leaving United a man down from the 35th minute while already trying to cope without suspended top-scorer Zlatan Ibrahimovic.

THE ASSOCIATED PRESS

#### Senators captain named NHL's third star of the week

San Jose Sharks centre Joe Pavelski, Anaheim Ducks goaltender Jonathan Bernier and Ottawa Senators defenceman Erik Karlsson were named the NHL's three stars of the week on Monday.

The third star went to Karlsson who paced defencemen with six points (two goals, four assists) in four contests to help the Senators extend their winning streak to six games as they battle Montreal for top spot in the Atlantic Division. THE CANADIAN PRESS

## Join our Metro Reader Panel and you could win \$500!\*

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\*No purchase necessary. Entry period is Monday, February 6, until Friday, March 31, 2017 at 11:59 pm. Odds of winning depend on total number of people who enter. One entry per person. Prizes available online at [www.metronews.ca/panel](http://www.metronews.ca/panel).





## Wordsearch

D R A M A D R A D D  
 R R D A R A M A M R  
 A M A A D R A M A A  
 D A M M R A M D A M  
 R A A D A A M M A A  
 C O R O N A T I O N  
 S T R E E T M A A D  
 A D R A M A D M R A

## PLAY Yesterday's Answers

from your daily crossword and Sudoku

for more fun and games go to  
metronews.ca/games

9	8	7	5	4	1	2	3	6
1	3	6	8	7	2	9	4	5
4	2	5	6	9	3	1	7	8
5	4	9	7	3	8	6	1	2
2	7	1	9	5	6	4	8	3
8	6	3	2	1	4	5	9	7
7	9	8	4	2	5	3	6	1
6	1	2	3	8	9	7	5	4
3	5	4	1	6	7	8	2	9

## Find the words:

DRAMA      DRAMA  
 DRAMA      DRAMA  
 DRAMA      DRAMA

CORONATION ST.

WEEKNIGHTS 7:30

## \* IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Be careful, because it's easy to overreact when dealing with others today, especially partners and close friends. Remember — you don't have to win all the time.

**Taurus** April 21 - May 21  
Avoid controversial subjects like politics, religion and racial issues today, because they will turn into a fight. Instead, look for ways to be supportive of co-workers on the job.

**Gemini** May 22 - June 21  
Disputes about shared property, children or even a romantic relationship might take place. It's easy to make a mountain out of a molehill today — take it easy.

**Cancer** June 22 - July 23  
Be patient with family members today, especially female relatives, because jealousy is likely. Furthermore, people will stifle their emotions today, then let them loose. (Yikes!)

**Leo** July 24 - Aug. 23  
Avoid arguments with siblings and daily contacts today. In one way, you feel optimistic and upbeat, but this might change quickly if you cross swords with someone.

**Virgo** Aug. 24 - Sept. 23  
Financial arguments are likely today because people are quick to anger. Be careful, because it's easy to blow things out of proportion today.

**Libra** Sept. 24 - Oct. 23  
This is a tricky day. In one way it's positive, upbeat and happy (oh, yes). However, if someone disagrees with you, things could turn nasty very quickly. Stay calm.

**Scorpio** Oct. 24 - Nov. 22  
Something going on behind the scenes concerns you today. Initially, it pleases you. Nevertheless, be careful, because someone might be jealous. (It might even be you.)

**Sagittarius** Nov. 23 - Dec. 21  
Go gently when dealing with friends today, especially acquaintances in a group, because things might quickly turn nasty. Go with what works, and avoid what doesn't.

**Capricorn** Dec. 22 - Jan. 20  
Avoid arguments with bosses, parents and VIPs today. For one thing, they will become public, and this might not look good for you. Stay chill.

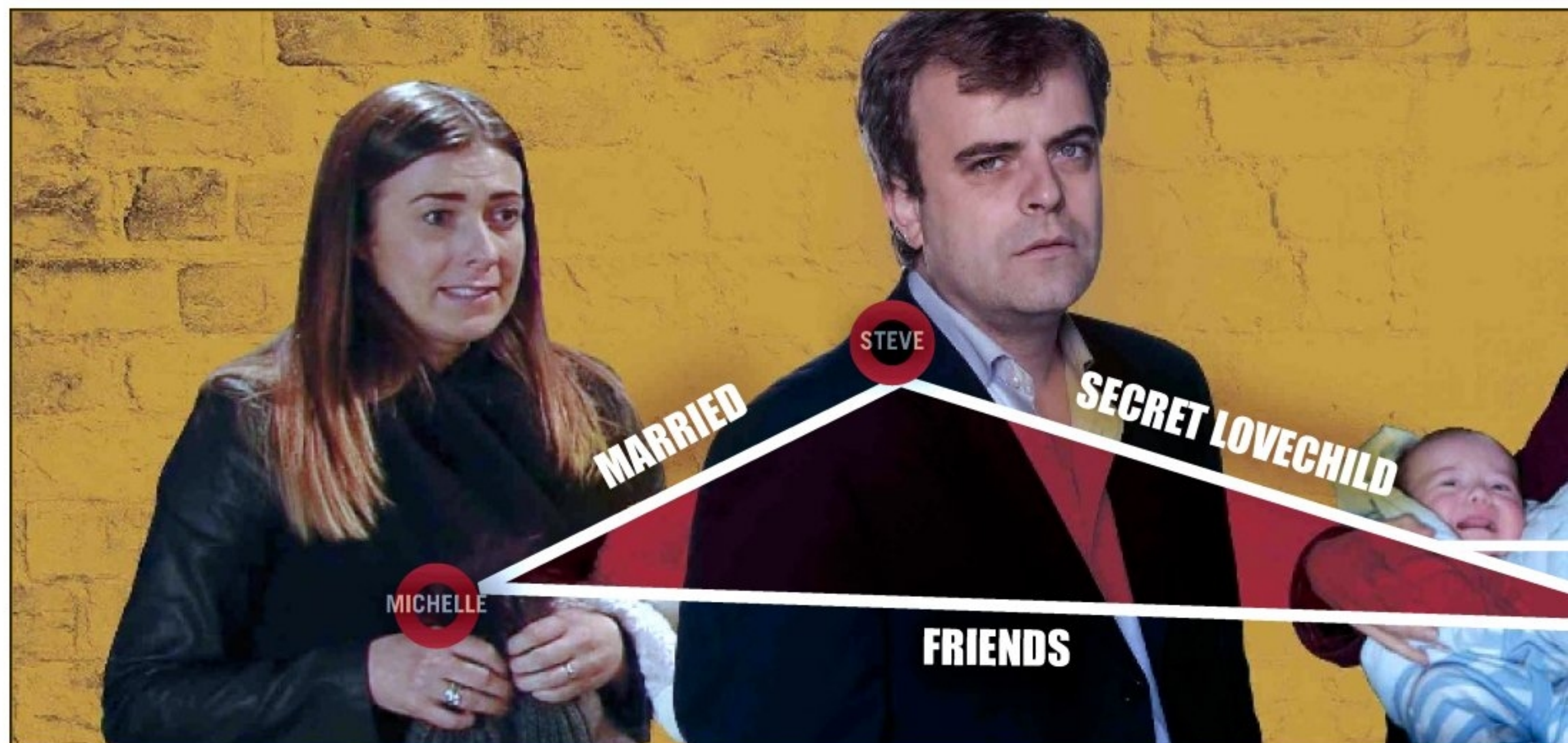
**Aquarius** Jan. 21 - Feb. 19  
Your enthusiasm for politics, religion or racial issues might quickly turn into an argument today, so be careful. Make sure you know your facts and that you stick to them.

**Pisces** Feb. 20 - March 20  
A dispute about shared property or inheritances might get out of hand today. Try to avoid this, if you can. Postpone this discussion till another day.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1		7		6		8		
	5		4		7			
7							9	
4								9
3							7	
1								6
5								6
	2		9		8			
8		3		7			1	





MAKE IT TODAY

# Delicious Avocado and Tuna Sandwich



PHOTO: MAVA VISNYEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

- 1 carrot, grated
- 1/2 avocado sliced
- 2 tortillas

**Directions**

1. In a bowl, mix tuna, celery, tomatoes and mayonnaise.
2. On the tortilla, make stripes of the tuna mixture, grated carrots and avocado slices.
3. Wrap tightly in the tortilla. Slice in half. Repeat for second sandwich

**Ready in 10 minutes**

Serves 2

**Ingredients**

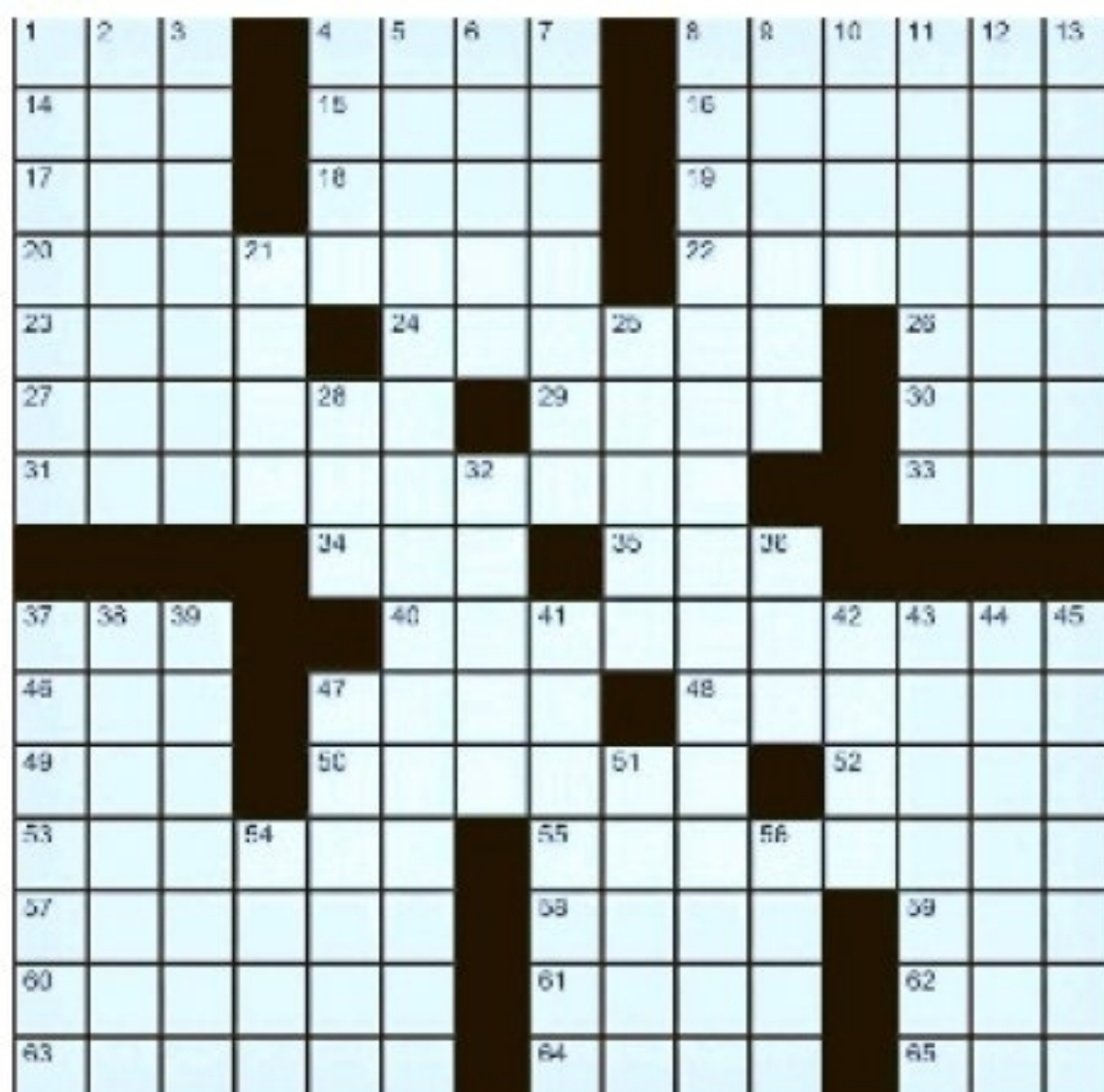
- 1 can tuna packed in water
- 1 stem of celery chopped fine
- 1 or 2 Tbsp mayonnaise
- 3 or 4 cherry tomatoes chopped

FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCHRONICLES.COM

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE  
metronews.ca



**ACROSS**

1. Seal herd
4. Take \_\_\_ (Try the drink)
8. The animal TV production mascot Mimsie: monogram + meower
14. 'Is', plurally
15. Someone smitten's status
16. Medieval king of legend
17. One bone of the chest
18. Organic compound
19. Melon variety
20. Accepted the terms in the contract, for instance: 2 wds.
22. \_\_\_ a go between (Is the mediator)
23. Nautically navigate
24. Solemn
26. Old English letter
27. Diner dish
29. Moisturizer content
30. Riddle-me-\_\_\_
31. "Obladi, Oblada, \_\_\_" - The Beatles
33. "Hiss!"
34. TV show since '75
35. WWII soldiers
37. Gas stations of a multinational company headquartered in London, England
40. MuchMusic's old documentary-style series about recording artists: wd. + symbol + wd.
46. Grampus
47. Rip off
48. Daniel Defoe character, Robinson \_\_\_
49. "\_\_\_haw!"

50. Metallica drummer Lars
52. L'I owed money installments
53. Prefix to 'fugal' (Outwardly moving from the middle)
55. CBC's daytime life-styles show: 2 wds.
57. Unrepeated

- happening
58. Grouping
59. \_\_\_-disant (Self-styled)
60. "Fab!"
61. "Born Free" (1966) lioness
62. Veil heroine in ancient Greek myth
63. Fittings in cloth-

- ing store changing rooms
64. Robert of "The Brady Bunch"
65. Washington politician, wee-ly

**DOWN**

1. Shade provider in a lovely painting

2. Paper crafting
3. Question/interview post-mission
4. Pulitzer-winning author James
5. Steep sedimentary sights on PEI's coastline: 2 wds.
6. "\_\_\_ Extremes" by Billy Joel

7. Picasso's fashionable daughter, and namesakes
8. Kraft Dinner: wd. + symbol + wd
9. \_\_\_ Ellis Ross (Diana Ross' actress daughter)
10. Washington state volcano, \_\_\_
- \_\_\_ Helens
11. Those going after blowing away belongings
12. Songs of dawn
13. Ruins the hotel room
21. Fashionable magazine
25. Online journals
28. For instances, for short
32. Pomp and Circumstance Marches composer, Sir Edward \_\_\_ (b.1857 - d.1934)
36. \_\_\_ John A. Macdonald
37. Particular protest
38. Primping person
39. 1996 Mother Earth album: '\_\_\_ and Fish'
41. Bypassing being
42. \_\_\_ tea (Orange Pekoe serving, perhaps)
43. Gradual method of learning
44. Like still-raw meat on the BBQ: 2 wds.
45. Sitting
47. "\_\_\_ U.S.A." by The Beach Boys
51. South American country
54. Benicio Del \_\_\_
56. Alum



LEANNE

# CORONATION ST.

WEEKNIGHTS 7:30



## THE DRAMA NEVER STOPS



Ends March 31<sup>st</sup>



# COMPETITIVE EDGE SALES EVENT

**0%** LEASE<sup>†</sup> OR FINANCE<sup>†</sup> + **\$2,000** BONUS  
On select models

NEWLY REDESIGNED 2017

**FORTE** LX MT

Forte SX AT shown<sup>†</sup>



LEASE FROM

**\$29** WEEKLY

**0% 39**

MONTHS<sup>†</sup>

\$499 DOWN INCLUDES \$2,020 BONUS<sup>†</sup>

STEP UP TO  
**2017 FORTE** LX+ AT  
INCLUDES \$2,665 BONUS<sup>†</sup>

FOR ONLY  
**\$10** MORE A WEEK<sup>†</sup>

STANDARD FEATURES:

ANDROID AUTO<sup>®</sup> | REARVIEW CAMERA | AIR CONDITIONING | HEATED FRONT SEATS  
KEYLESS ENTRY | 6-SPEED AUTOMATIC TRANSMISSION | DRIVE MODE SELECT  
(ECO/NORMAL/SPORT) | AUTOMATIC HEADLIGHTS | FOG LIGHTS | CRUISE CONTROL  
EXPRESS UP/DOWN WINDOWS



Sorento SX  
Turbo AWD shown<sup>†</sup>

**2017 SORENTO** 2.4L LX FWD

LEASE FROM

**\$55** WEEKLY **0% 39** MONTHS<sup>†</sup>

\$1,995 DOWN INCLUDES \$2,000 BONUS<sup>†</sup>

STANDARD FEATURES:

BLUETOOTH<sup>®</sup> CONNECTIVITY | HEATED FRONT SEATS  
UP TO 5,000 LBS. OF TOWING CAPACITY AVL<sup>†</sup>

BASE ENGINE: 2.4L GDI 4-CYLINDER

AVAILABLE ENGINES: 2.0L TURBO GDI, 3.3L V6



AUTOMOBILE JOURNALISTS  
ASSOCIATION OF CANADA  
**2016 SORENTO**  
BEST NEW SUV  
(\$35,000 - \$60,000)



**2016 SPORTAGE**  
"Highest Ranked Small  
SUV in Initial Quality  
in the U.S."

Sportage SX  
Turbo AWD shown<sup>†</sup>

**ALL-NEW 2017 SPORTAGE** LX FWD

LEASE FROM

**\$47** WEEKLY **1.9% 48 MONTHS<sup>†</sup>** INCLUDES  
\$1,995 DOWN \$500 BONUS<sup>†</sup>

AVAILABLE FEATURES:

HEATED FRONT & REAR SEATS | PANORAMIC SUNROOF

BASE ENGINE: 2.4L GDI 4-CYLINDER

AVAILABLE ENGINE: 2.0L TURBO GDI

STEP UP TO



**dynamax**  
ALL-WHEEL DRIVE

FOR ONLY **\$2** MORE A WEEK<sup>†</sup> INCLUDES \$2,000 CREDIT<sup>†</sup>

FOR ONLY **\$8** MORE A WEEK<sup>†</sup> INCLUDES \$1,000 CREDIT<sup>†</sup>



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**5**  
YEAR

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• POWERTRAIN  
• ROADSIDE ASSISTANCE  
• 100% TRANSFERABLE

[kia.ca/CompetitiveEdge](http://kia.ca/CompetitiveEdge)

**Atlantic Kia dealers**  
for Atlantic drivers.

Offer(s) available on select new 2016/2017 models through participating dealers to qualified retail customers who take delivery from March 1 to 31, 2017. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments exclude delivery and destination fees up to \$1,740, \$100 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees, fuel-fill charges up to \$100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. †0% financing is only available on select new models to qualified customers on approved credit. **Representative Financing Example:** Financing offer available on approved credit (QAC), on a new 2017 Forte LX MT (F0541H) based on a total number of 364 weekly payments of \$37 for 84 months at 0% with \$0 down. Offer includes \$2,000 loan bonus. **Representative Lease Example:** Lease offer available on approved credit (QAC), on the 2017 Forte LX MT (F0541H)/2017 Forte LX+ AT (F0747H)/2017 Sorento 2.4L FWD (SR75AH)/2017 Sorento 2.4L LX FWD (SR75BH)/2017 Sportage LX FWD (SP75H)/2017 Sportage LX AWD (SP75SH)/2017 Sportage SX FWD (SP75TH)/2017 Sportage SX AWD (SP75TSH) with a selling price of \$15,895/\$19,995/\$27,695/\$29,895/\$24,895/\$27,195 is based on a total number of 169/169/169/208/208 weekly payments of \$29/\$39/\$55/\$57/\$47/\$55 for 39/39/39/48/48 months at 0%/0%/0%/1.9%/2.9% with \$0 security deposit, \$499/\$499/\$1,995/\$1,995/\$1,995/\$1,995 down payment and first payment due at lease inception. Offer includes \$2,020/\$2,665/\$2,000/\$2,000/\$500/\$1,000 lease bonus. Total lease obligation is \$4,960/\$6,700/\$9,277/\$9,765/\$9,922/\$11,424 with the option to purchase at the end of the term for \$7,285/\$9,396/\$13,571/\$15,246/\$12,945/\$14,141. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). †Model shown Manufacturer Suggested Retail Price for 2017 Forte SX AT (F0747H)/2017 Sportage SX Turbo AWD (SP75TSH)/2017 Sorento SX Turbo AWD (SR75SH) is \$27,295/\$39,595/\$42,495. The 2016 Sportage received the lowest number of problems per 100 vehicles among Small SUVs in the J.D. Power 2016 U.S. Initial Quality Study. 2016 study based on 80,157 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit [jdpower.com](http://jdpower.com). †Compatible smartphone required. Data rates may apply, please check with your wireless service provider. Google, Google Play, Google Maps, and Android Auto are trademarks of Google Inc. Google Maps ©2016 Google. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program ([www.SaferCar.gov](http://www.SaferCar.gov)). †When properly equipped. Do not exceed any weight ratings and follow all towing instructions in your Owner's Manual. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.